



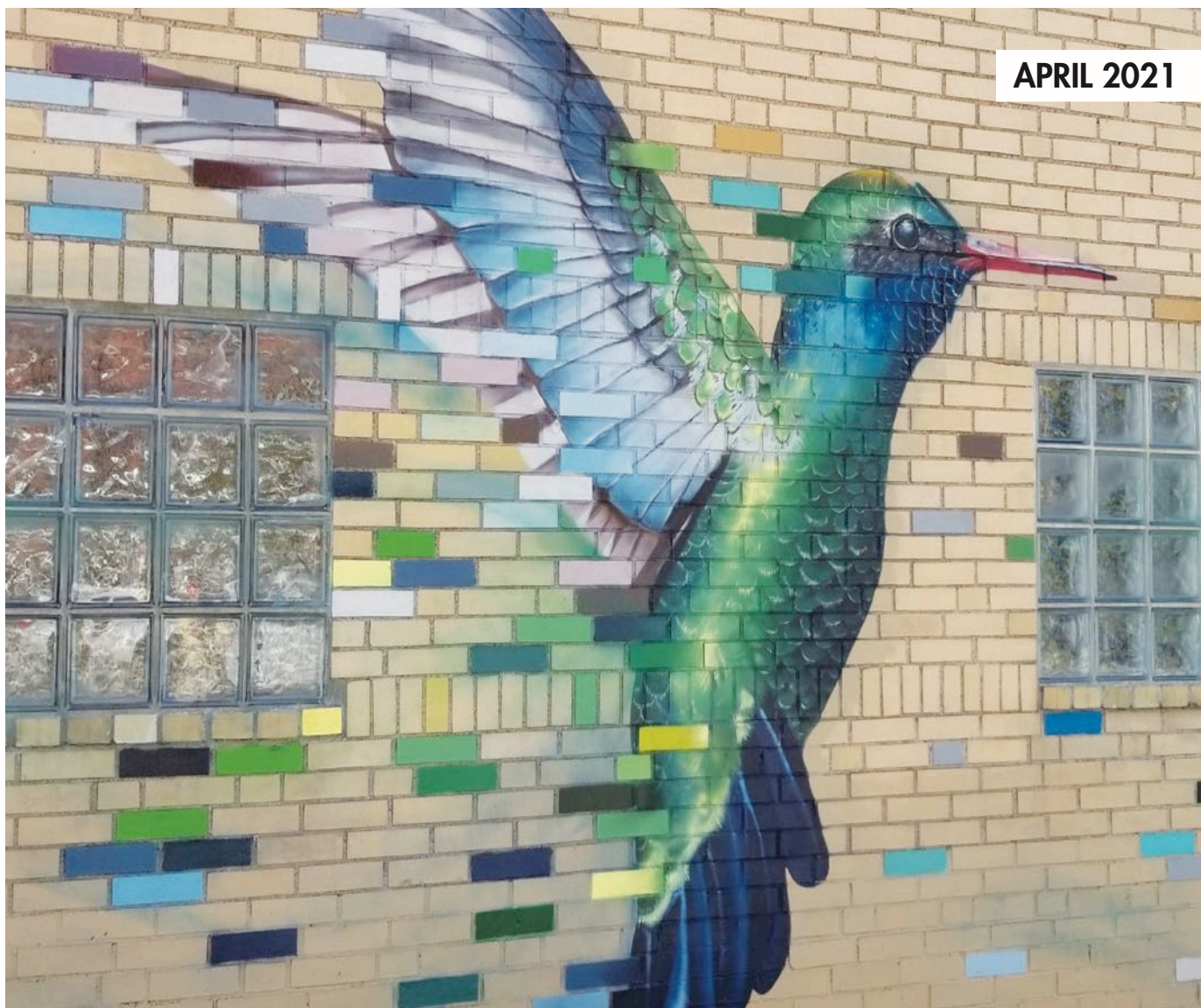
NEW

GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

APRIL 2021



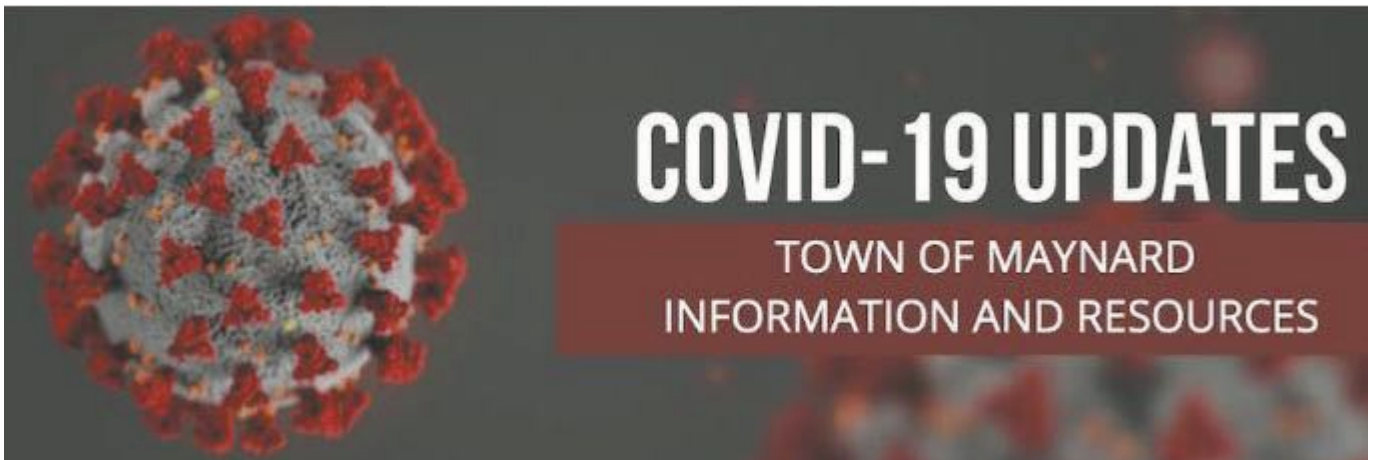
Season of Renewal

April marks the passing of a year since Town Hall closed to the public in response to the global pandemic. Of all the things we've asked of the community because of the threat of COVID-19, patience is perhaps the most challenging. I'm so grateful for everyone's adherence to the many safety protocols that have been implemented state-wide, and I'm just as anxious as anyone to return to a version of pre-pandemic normalcy as soon as enough of the population is vaccinated to allow it.

Just as the townspeople embraced the outdoors last year to adapt to pandemic lifestyles, I'm excited to return to an active rail-trail and the tables filled at the restaurants downtown and at Maynard Crossing. The Select Board has also directed the Annual Town Meeting to be outdoors again, located at the same south pond Mill parking lot, and scheduled for Saturday, May 15 beginning at noon. Please be courteous to others while enjoying these amenities, like wearing masks and keeping the areas we all enjoy clean.

Thank you for doing your part for public health and safety, including wearing masks, practicing personal hygiene, following social distancing directives, and respecting everyone else's sensitivities and anxieties. Please be safe and cautious in your daily activities and encourage your peers to do the same. Keep your ears and eyes open to further public health directions, and to news and offerings from the Council on Aging.

Please visit the town website www.townofmaynard-ma.gov and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the Town's newsletter.



In an attempt to distract from the state of the world: Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

Sincerely,
Greg Johnson

Town Administrator
gjohnson@townofmaynard.net



Together Though Apart

Storing the rake in the shed after my least favorite outdoor task, I noticed the bright red hummingbird feeders tucked on a shelf. Though it's too soon to hang them (as I'm writing this), there is no reason to not get ready for the return of a much-loved bird. Yesterday my neighbor, who is tracking their path via online technology, updated me on the latest sighting of migrating ruby throated hummingbirds that were found in Pokomoke City, Maryland. He's cleaned his feeders, all ten of them, and is strategically mapping out where to place them for maximum viewability and territorial disputes. Steve's hummingbird nectar apparently has magical properties as there's always a frenzy around his feeders.



Hummingbirds symbolize many things including hope, happiness and joy, as well as determination and endurance. For many of us this past year has required a similar form of determination and endurance in order to endure loss, isolation and what seemed like unending restrictions on our everyday lives. Now here we are, filled with hope, giving way to happiness, even joy, at all the possibilities vaccination and continued safe behaviors can bring to our lives.

As “re-opening” is a process without clear timelines, “re-engaging” is a place from which to create new ways of being as we move forward through the spring and summer. Being outdoors this year feels so much different than last year – a sign that all our efforts in staying safe and cautious is paying off. Continuing to engage in safe behaviors feels less imposed now, but more like a way to use new everyday behavior for great rewards. Pat and I are working on creative outdoor activities as well as ways to breathe fresh air while participating in Zumba and other fitness fun. I don't know why a COA van can't function as an ice cream truck if we add a bell, do you?

Please call the Council on Aging if you need support in any way. If you would like to learn how to use Zoom and other similar technology, we will try our hardest to find you resources to assist you, including devices like iPads and Chromebooks. If you would like to connect with someone you knew from attending activities at the COA, let us help you reach out. If you struggle with picking up prescriptions, running errands or need a ride to the supermarket, we can provide resources. If you would like to volunteer to become a virtual friendly visitor or provide technical assistance to a senior, please let us know.

Stay safe and be well,

~ **Amy Loveless**

Director

Maynard Council on Aging & Senior Center



**The Council on Aging Board Meeting
will be held on Thursday, April 8 at 2:00 p.m.**

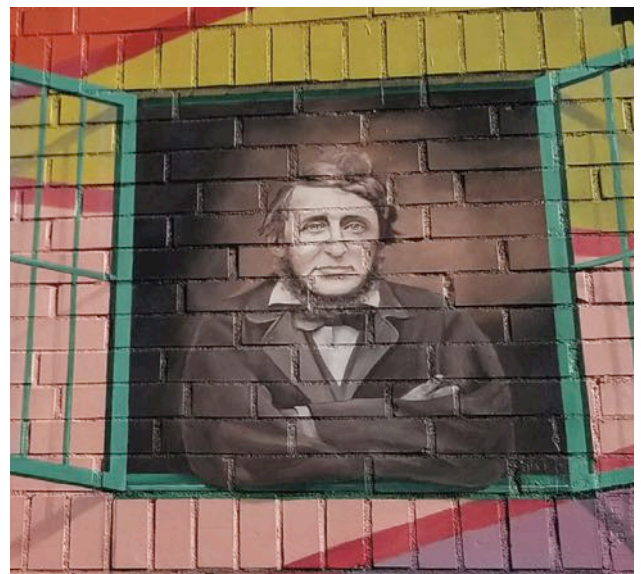
This is a Zoom meeting

Please check the Town website for information

<https://www.townofmaynard-ma.gov/>
or call the COA

C. David Hull, Chair
Paula Copley, Vice-Chair
Anita Dolan
Angie Flannery
Diane Wasiuk

If you are interested in joining the COA Board
Please contact the COA at (978) 897-1009
or email Amy Loveless at aloveless@townofmaynard.net



Visit us at
77 Main Street!



6 Bridges Gallery

FINE ART AND CRAFT

It's the Spring Gift-Giving Season!

Our brightly renovated gallery is filled with new items to shake the "pandemic blues." We have something for everyone:

- ☐ Moms
- ☐ Dads
- ☐ Grads
- ☐ Weddings
- ☐ Birthdays & Anniversaries
- ☐ Home Office Decor

Shop In-Person & Online

- ✓ **77 Main St., Maynard**
Thursday–Saturday, 12–5 pm
Masks required. Hand sanitizer available at the door. Social distancing guidelines apply.
- ✓ **Personal Shopping**
Via FaceTime, Zoom or in-person.
For an appointment, email 6bridgesgallery@gmail.com.
- ✓ **Gift Certificates**
Give the joy of art and fine craft.
- ✓ **6bridgesgallery.com/shop/**
- ✓ **Facebook**
- ✓ **Instagram**

Current Exhibits

April 8 – May 15, 2021 • Reception: May 1, 7:00 pm

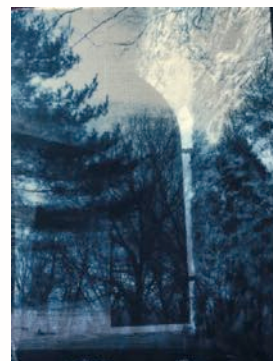


Rest & Reflect

*Photographs
by Sue Kim Lucchini*

Photographs celebrating the beauty of our natural world interspersed with meditations inspired by walks in nature, offered together as a soothing and philosophical response to current events and as safe places and grounding as we navigate this moment in time.

6bridgesgallery.com/rest-reflect/





Tree Story

*Printmaking, Alternative
Photography, and more
by Gail Erwin*

Trees are sublime sentinels offering quiet protection and solace especially in these trying times.

6bridgesgallery.com/tree-story/

All purchases support local artists and your local economy.

6 Bridges Gallery • 77 Main Street, Maynard, MA • 978-897-3825
6bridgesgallery@gmail.com • 6bridgesgallery.com •  

Maynard Public Library Homebound Delivery Service

Do you know someone who can't get out of the house? Library materials can be brought to them! If temporary or permanent limitations keep patrons at home, library materials are still available.

Library staff will gather selections and bring them to the door with deliveries made once a week.



Visit www.maynardpubliclibrary.org/homebound
or call the Reference Desk at
978-897-1010 x103 for more information.

For Maynard's 150th . . .



FREE Guided History Tours of Maynard

Sat April 10, 2pm

Sun May 16, 2pm*

Sun June 13, 2pm

Sat July 10, 10:30am

Sat Sept 11, 10:30am

Sat Oct 16, 2pm

*bring-your-own-chair
low mobility tour

Ann Gibson is a member of the Maynard Historical Commission and an educator with the Concord Museum

Meet in Memorial Park ♦ 1.5 mile walk, 90 minutes

Pre-registration required ♦ Masks must be worn

<https://maynard-tours21.eventbrite.com>

Sponsored by the Maynard Historical Commission, the Maynard Cultural Council, and the Maynard Sesquicentennial Committee



FOUNDERS DAY CELEBRATION A SESQUICENTENNIAL COMMITTEE EVENT

PLEASE JOIN US IN CELEBRATING THE FOUNDING DAY OF THE TOWN OF MAYNARD!

When: Monday April 19, 2021

Where: The Sanctuary ~ 82 Main Street ~ Maynard MA 01754

Time: 11:15 am to 12:15 pm

- * Opening the time capsule to see items buried 50 years ago
- * The petition to form the township of Maynard, read by a time traveler from 1871
- * A 3 gun salute from Maynard's American Legion members
- * Traditional town whistle to sound at 12:10pm
- * Celebratory church bell peal across Maynard at the conclusion of the event



Sweatshirts \$40

T-shirts \$20

Mugs \$10

Maynard a Brief History \$22

Order via our Facebook Sesquicentennial site
@MaynardSesquicentennial.com

or email Jen Picorelli50at picorelli50@comcast.net

Get Started with eBooks on the Libby App!

Thurs, April 22nd

10-10:30 Get Started with Libby | 10:30-11 Libby Deep Dive Session

Sign up at www.maynardpubliclibrary.org/libbyapp or call the Reference Desk at 978-897-1010 x103.

Our 30 minute Getting Started with Libby session will get you up to speed on everything you need to know to use Libby – the one tap reading app, including:

- Finding your library and signing in
- Borrowing titles and placing holds
- Navigating the app
- Managing notifications
- Browsing and searching for titles
- And much more

If you would like to join us for our Libby Deep-Dive and learn tips and tricks, new features, and have your questions answered live, sign up for the 10:30am session!

Sessions will be recorded and shared with you for playback and review. If you don't have the Libby app downloaded on your device already, you can download the Libby app on most iOS and Android devices.

Visit the Apple App Store or Google Play and search for Libby. Your result should be Libby, by OverDrive, and the app is FREE! You can also use Libby in your browser by going to libbyapp.com.



OUTDOOR DEVICE ADVICE • THURSDAYS 10-11 AM



Even the most basic piece of technology can be frustrating sometimes. Need a little help?

Join Reference Librarian Jeremy Robichaud outside on the library patio for some tech help. He'll be available every Thursday from 10-11am (weather permitting) or via Zoom if you prefer. Please be sure to have a fully charged battery or bring a power cord (we can connect to the side of the building).

What can we do?

- Help using any library e-resource including e-books, downloadable audiobooks, Kanopy, Freegal Music, Consumer Reports, and more.
- Help setting up your library account to request books, set up a PIN, create a reading list, and more.
- Microsoft Office or Google Drive help
- Some Smartphone assistance
- Or just throw a tech question at me and we'll see what we can do.

Please note that we cannot repair a broken device.

Sign up for an upcoming Outdoor Device Advice session at www.maynardpubliclibrary.org/deviceadvice or call the Reference Desk at 978-897-1010 x103.

Library Outdoor Browsing



New Time!

Wednesdays, 3:00 -4:30pm

Weather Permitting

Grab your library card and enjoy outdoor book browsing in the Maynard Public Library Parking Lot!

Cooking and Gardening with Herbs



Liz Barbour

Chef | Cookbook Author | Gardener

Tuesday, April 13 @ 7 pm

Registration required

<https://tinyurl.com/BarbourMaynard>

Herbs enhance a recipe by adding flavor and color, and give recipes their cultural identity.

Chef and gardener Liz Barbour will take you on a virtual tour through her cottage sized edible gardens and explore all the way you can use herbs as part of an edible landscape. Liz will also create 2 healthy recipes using herb combinations that you can grow in your own garden.

Recipes will be provided.

Brought to you by the Friends of the Maynard Library

*Maynard Public Library
Exploring Family History Series*

Getting Started with Genealogy

Monday, April 26 @ 7:00 pm Via Zoom

Register at

<https://tinyurl.com/MaynardGenealogy1>

**Hallie Borstel, Genealogist
American Ancestors and New England
Historic Genealogical Society**

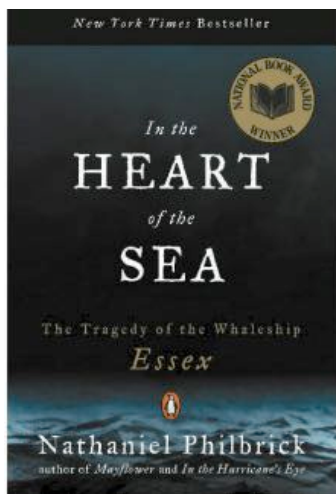
So, you want to find out about your family history--maybe you want to learn the identity of your ancestors, find out where they lived and what they did for a living? Perhaps you have ancestors who fought in the Revolutionary War? Maybe you wish to find out about your family's medical legacy. Join Hallie Borstel to learn how to get started in your family history research. Hallie will delve into essential resources, records and techniques in the field of genealogy to help you succeed in your search for your ancestors.

This is the first in a series of genealogy presentations.
See <https://www.maynardpubliclibrary.org/genealogy> for more information about the series.

Brought to you by the Friends of the Maynard Library

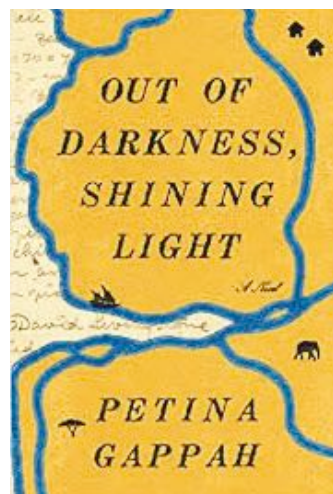
Book Mill Discussion Group

April 27 at 7PM



**In the Heart of the Sea
by Nathaniel Philbrick**

May 25 at 7PM



**Out of Darkness, Shining Light
by Petina Gappah**

Join the Book Mill discussion group via Zoom to talk about these two great books!
All are most welcome.

Books are available through the Library's Curbside Pickup service.
Call 978-897-1010 to receive the Zoom link.

Something For Everyone

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9:30am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:30am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Don't miss the Zumba Party!

This seated Zumba Gold Toning class taught by Yc is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

The class will be held on Mondays at 9 a.m. This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

From the Massachusetts Councils on Aging:

Cooking as Self-Care a monthly cooking show via YouTube

Each cooking show includes a video, recipe handouts, the Massachusetts-grown produce availability calendar and food safety tips with Tara, a licensed and registered nutritionist from MCOA.

Go to: <https://mcoonline.com/advocacy/malnutrition>

Click on the month's "video" and you'll be directed to the YouTube video

"Skip Ad" and the video will start.

Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

Internet Service Offers

Free or Lower Cost Options (eligibility varies based on income)

Comcast Essentials • (855) 846-8376

Verizon (for participants in the Lifeline program or FIOS at a lower rates) • (800) 837-4966

AT&T • (855) 220-5211

**Contact the Council on Aging for information
about our tablet loan program.**

Assabet Co-op Market Info Session!

On Thursday, April 22, at 11:15 a.m. join a Council on Aging presentation

The Assabet Co-op Market is opening a full-service, community-owned grocery store that sources from local farms and food producers. The target location is Maynard, and with more than 1,600 resident owners on board, things are getting exciting! Hear from Lorne Bell, the Co-op's director of outreach and communications, and ask all your questions. You can find more info on the Co-op's website: <https://assabetmarket.coop/>

Please contact the Council on Aging or email aloveless@townofmaynard.net to sign up and have the Zoom link forwarded to you.



ILLUSTRATION BY JOHN KLOSSNER

<https://us02web.zoom.us/j/89727212660?pwd=RkFKQ0pDaDBNM1dKK3VpRldkS0VqUT09>

Meeting ID: 897 2721 2660 • Passcode: 625342

Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Register for a Live Health Webinar

Please see our webinar descriptions on the following pages. Click to register for a webinar on a day and time that works best for you.

Tuesday, March 2, 2021 10:00 a.m. – 10:30 a.m. ET Eight Steps to a Healthier Heart Presenters: William Rowbottom & Tricia Silverman Register Now at bcbsma.info/March2	Wednesday, May 5, 2021 2:00 p.m. – 2:30 p.m. ET Immunity Boosters and Busters Presenters: Susan Flanagan & Tricia Silverman Register Now at bcbsma.info/May5
Tuesday, March 23, 2021 10:00 a.m. – 10:30 a.m. ET Boost Your Health with Better Sleep Presenters: Heather Hurd & Janet Fontana Register Now at bcbsma.info/March23	Thursday, May 27, 2021 2:00 p.m. – 2:30 p.m. ET Meditation for Busy Minds Presenters: Lisa Farnham & Janet Fontana Register Now at bcbsma.info/May27
Thursday, April 15, 2021 10:00 a.m. – 10:30 a.m. ET Food for Thought: Superfoods to Boost Memory, Mood and Mental Functioning Presenters: Luisa Lewis & Tricia Silverman Register Now at bcbsma.info/April15	Tuesday, June 8, 2021 10:00 a.m. – 10:30 a.m. ET Eight Happiness Boosting Strategies Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/June8

Eight Simple Steps to a Healthier Heart

Presented by Tricia Silverman, RD

Discover simple tactics for preventing and treating heart disease. Learn easy strategies that can help to lower your blood pressure, cholesterol, and triglycerides while improving your overall health. Tricia's fun props, stories, and practical tips will help motivate you to make the small changes that lead to better heart health.

Boost Your Health with Better Sleep

Presented by Janet Fontana, RN, and Certified Health Coach

Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to stop worried thoughts from keeping you awake at night. Join us to learn strategies to get a good night's sleep and discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day and sleep more soundly at night.

Food for Thought: Superfoods to Boost Memory, Mood and Mental Functioning

Presented by Tricia Silverman, RD

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

Immunity Boosters and Busters

Presented by Tricia Silverman, RD

Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection and illness. Join registered dietitian, wellness coach, and fitness instructor Tricia Silverman as she shares practical tips and eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity.

Meditation for Busy Minds

Presented by Janet Fontana, RN, and Certified Health Coach

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome.

Eight Happiness Boosting Strategies

Presented by Janet Fontana, RN, and Certified Health Coach

Have you ever wondered how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life.

Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van is operating five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, and grocery stores. We are transporting one rider at a time on our twelve-seater vans. We are following strict safety precautions including disinfection procedures during a shift and after each rider, spacing riders to achieve maximum distance apart, requiring riders to wear a mask and providing hand sanitizer when riders enter and re-enter the van. The drivers will be wearing face shields in addition to masks when assisting a rider on the lift or are in close proximity to a rider.

There is no fee to ride the van at this time. Reservations must be made at least 48 hours in advance. Flexibility when making a reservation is required as medical appointments are the priority. All riders are screened for symptoms of COVID-19 and it is expected that if you are not feeling well you should not make a reservation.

Residents of Maynard, 60 years of age and older, as well those with disabilities, may use the van.

Please contact the Council on Aging at (978) 897-1009 if you have any questions.

Maynard Council on Aging Services

The Maynard Council on Aging is continuing to provide services even though it is closed to the public. Please contact the COA for information and referral for supportive services including homecare, health insurance counseling (SHINE), fuel assistance, food resources, housing, legal issues, public assistance programs and transportation.

The Council on Aging is accepting and lending durable medical equipment – please do not leave equipment at the COA – call the COA and we will arrange to pick up and deliver.

General Resources

Minuteman Senior Services

www.minutemansenior.org

(781) 272-7177

(888) 222-6171

Homecare, Caregiver Support, Legal Services, Senior Nutrition, Health Insurance Counseling (SHINE) and more.

800AgeInfo

www.800ageinfo.com

(800) 243-4636

South Middlesex Opportunity Council (SMOC)

7 Bishop Street, Framingham, MA 01702

(508) 872-4853

Fuel Assistance Program, Housing, Rental Assistance Program (508) 620-0653, Financial Assistance for Homeowners and Tenants, Emergency Shelter Services and more.

Mass211 Public Information and Referral Program

www.mass211.org

SNAP/food stamps

www.fns.usda.gov/snap • (800) 221-5689

Energy Resources

Low Income Home Energy Assistance Program (LIHEAP)

(800) 632-8175

<http://www.liheap.us/massachusetts-heap/>

Citizens Energy Heat Assistance

(Joe4Oil)

(617) 338-6300

<http://citizensenergy.com/assistance-programs>

Good Neighbor Energy Fund (Salvation Army)

(800) 334-3047

<http://magoodneighbor.org/>

Discount Rates on Utilities

National Grid Low Income Electric Services

https://www9.nationalgridus.com/non_html/On_Demand_Electric_Initial%20v052209.pdf

National Grid Low Income Gas Services

https://www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discountapp.pdf

Eversource Discount Rate Application

<https://www.eversource.com/nstar/CustomerCare/Residential/DiscountRate>

Joe-4-Oil Citizens Energy Discount Program
<http://citizensenergy.com/assistance-programs>



SMOC Fuel Assistance

NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2021

Household size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233
6	\$99,265
7	\$101,521

**For More Information
Contact South Middlesex
Opportunity Council Fuel
Assistance Program
7 Bishop Street
Framingham, MA 01702
508-620-1230 or 508-620-2342**

7 Bishop Street, Framingham, MA 01702 • PH 508 620-2342 TOLL-FREE 800 286-6776 • FAX 508 620-2361 • smoc.org

Maynard Sesquicentennial History Series

presented by
David Mark

Monday April 19, 7 pm via Zoom

How Maynard Became Maynard

In honor of Founder's Day, Maynard author and historian David Mark will speak about the creation of the town of Maynard from parts of Sudbury and Stow.



Monday May 24, 7 pm via Zoom

Assabet River Floods and Droughts

Maynard author and historian David Mark will speak about how Assabet River floods and droughts have affected the town of Maynard over time.

Read more and register at www.maynardpubliclibrary.org/may150

Brought to you by the Maynard Sesquicentennial Committee
and the Maynard Public Library



Maynard Food Relief Resource Guide

Food Pantries and Services

Maynard Food Pantry and Backpack Program: Provides food and personal items to residents of Maynard, Acton, Sudbury, Stow & Concord. Food backpacks distributed during the school year at each school on Friday afternoons. Maynard residents can receive food twice a month and out-of-town residents can receive food once a month.

- When: Mondays 10:00am-12:00PM
- Where: 82 Main Street, Maynard. Drive-thru pantry entrance on River Street
- Website: <http://www.maynardfoodpantry.com>

Open Table: Food pantry and prepared meals (distributed in grocery bags). Some choice in protein and other weekly offerings. SNAP sign-up support upon request. To pre-order your groceries online, visit www.opentable.org/order/. If you are interested in home delivery, please contact orders@opentable.org.

- When: Tuesdays 1:00-6:30pm (1-3pm seniors only), Thursdays 1:00-4:30pm.
- Where: Drive-thru Pantry at Maynard municipal parking lot behind 33 Main Street (enter from Summer Street)
- Website: <https://www.opentable.org>

Acton-Boxborough High School: In conjunction with the Acton Neighbor Brigade, Acton-Boxborough High School is offering a week's worth of bagged meals for pick-up every Wednesday. Pick-up is at the back of the school using the Hayward Road entrance.

- When: Wednesdays 3:30-5:00pm.
- Where: 36 Charter Road, Acton
- Website: https://www.abschools.org/district/food_services

The Acton Food Pantry: Food provided to anyone in need. Drive-thru pantry for clients in cars and on foot.

- When: Wednesdays 10:00am-7:00pm, Thursdays 9:30-11:30am.
- Where: 235 Summer Rd Building 1, Boxborough
- Website: <https://www.actonfoodpantry.org>

Mount Calvary Supper: Drive-thru meal pick-up. Sample meal offerings include ravioli, cheeseburgers and hot dogs, baked ham, and Mediterranean chicken.

- When: Wednesdays 4:00-5:00pm. Closed December 23rd and 30th.
- Where: 472 Massachusetts Avenue, Acton (back driveway of Mt. Calvary Lutheran Church)
- Website: <https://www.mtcalvaryacton.org/community-supper>

The Stow Food Pantry: Provides food and personal items one weekend a month. Pre-packaged client orders will be brought to the client's car at the appointment time at the drive-thru pantry.

- When: One weekend a month (check website or call 978-897-4230).
- Where: Pompo Community Center, 509 Great Road, Stow
- Website: <http://stowfoodpantry.com/>

The Sudbury Food Pantry: Limited to once a month for non-Sudbury residents. Guests choose pantry items, personal care products offered as well.

- When: Tuesdays and Thursdays 12:00pm-2:15pm.
- Where: Our Lady of Fatima Church, 160 Concord Road, Sudbury
- Website: <http://sudburyfoodpantry.org>

Meal Services for Seniors:

Minuteman Senior Services: Meals on Wheels delivers lunch to homebound seniors who meet certain guidelines. Call 781-221-7177 for information and referrals.

- When: Deliveries made 11:00am-1:00pm Monday through Friday.
- Where: Delivery provided
- Website: <https://www.minutemansenior.org/>

Happy Spring from the Maynard Fire Department!

We have already turned our clocks ahead, so I hope you have already checked your smoke and CO alarms and changed the batteries. Sadly, this past month the state had a couple die from CO poisoning. We want you to be protected so please reach out to me if you have any questions about your alarms.



This time of year, we get a lot of questions about outside burning. As people complete the spring cleanup, some choose to burn the branches that fell from the trees over the winter. The state regulates all outside fires and the local fire department is part of that system. During the burning season which runs from January 15th to May 1st, the department determines the fire danger based on the weather conditions and people in the community who have a permit are allowed to burn. You can obtain a permit on our website or if you don't have an internet connection, by calling the fire station.

Besides the weather conditions, there are a number of regulations and good practices to follow if you are burning. First, fires should ideally be a minimum of 75 feet from structures and a ready source of water like a garden hose prepared. Second, fires can only be lit between 10am and 4pm and must be attended at all times. Third, fires should be kept small and leaves, pine needles, and trash or construction materials should not be burnt. Finally, the use of accelerants like gasoline is prohibited and dangerous.

These rules are meant to protect you, your home, and your neighbors. Fires that burn prohibited materials are more likely to cause smoke and spread beyond the burn pile. If you see a fire that is not attended or out of hand, the fire department can check on the situation. Often people are simply unaware of the regulations.

Outside fires are also commonly used for cooking. Cooking fires are permitted in the state but need to be properly contained and not a nuisance to your neighbors. Again, the proper use of materials will lead to minimal smoke and manageable fires.

Fire prevention is a daily job for the firefighters in Maynard. We hope this information will help you and your family safely handle any outside burning at your home and prevent large fires from occurring. Please visit our website for more information. www.maynardfd.com

Stay safe!

Captain Mike Parr



The Fire Department is offering free home safety visits now to evaluate your protective devices & possible hazards in the home.

E-mail Captain Michael Parr at mparr@townofmaynard.net to schedule your visit or call 978-897-1014. Virtual visits available.

Learn About:

Smoke Alarms	Trip Hazards
CO Alarms	Medication Storage
Home Escape Plans	Fire Extinguishers
Cooking Safety	CPR
Electrical hazards	Child Fire Safety
9-1-1	Your Questions

Made possible by a grant from **SAFE** Senior citizens

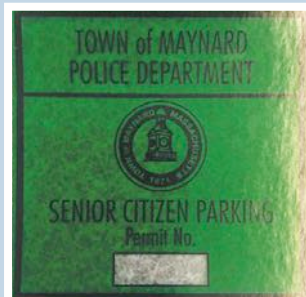
Greetings from the Maynard Police Department!

Senior Citizens Parking Permit

The Maynard Police Department is introducing a new senior parking permit. The redesigned permits are intended to be bolder and more easily identified by our Parking Enforcement Official. Additionally, we will be issuing instructions for the new placement location of the permit. We ask for your assistance in having your parking permits replaced so that we can avoid any future difficulties in locating them.

The Maynard Police Department will also be holding a small outdoor permit exchange event at the **Maynard Police Department at 197 Main Street, in the back of the building, on Thursday, May 6th from 11:00AM – 1:00PM**. Please bring your vehicle registration so that we can record those details, and issue you a new permit. We ask that you remove your old permit from your vehicle and dispose of it once you have received the new one. We can assist you through this process on this date!

If you are unable to attend the exchange on Thursday, May 6th, and you would like to exchange your permit at an earlier date, you may come to the Maynard Police Department at any time, and a Public Safety Dispatcher can issue you a new permit. Please bring your vehicle registration so that we can record those details. Thank you for your cooperation as we revamp this program available to our senior citizens.



OLD



NEW

Scam Warning!

We have had several reports of scams ranging from unemployment frauds, to unpaid "Internet bills" and other topics. We strongly urge residents not to give out any personal information; be it over the phone or electronically, and to contact the Maynard Police Department with any concerns.

For more information, please check the Maynard Police Department's website at: <https://maynardpolice.com> or the Maynard Police Department's Facebook and Twitter pages.

Thanks in advance!

Sergeant Trista Manchuso
Maynard Police Department
197 Main Street
Maynard, MA 01754
tmanchuso@maynardpolice.com
Phone: (978) 897-1011



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF **MO.** **YR.**

Name: _____ Sex: M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

Please contact the Council on Aging if you would like one mailed.



Emerson Family Medicine, Maynard

**COMPASSIONATE CARE FOR ALL AGES.
BRING YOUR FAMILY TO OURS!**

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or visit EmersonHospital.org/Maynard
to request an appointment



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Experience the gracious retirement lifestyle our residents enjoy each and every day!

Camellia Gardens is nestled in the back of the much anticipated Maynard Crossing Shopping Center, now under construction and will be home to many popular shops, restaurants, medical care and banking. Along with a great location, we take care of the cooking, housekeeping and local transportation, leaving you more time to enjoy your retirement.

NOW OPEN!

For more information on our gracious retirement lifestyle
and to schedule your visit, please call 978-897-1528

**STUDIOS
START AT JUST**
\$2795
**NO BUY IN FEE
OR LONG TERM**

CAMELLIA GARDENS



REP. KATE HOGAN'S SENIOR NEWS APRIL 2021

Legislative Preview: Rep. Hogan's Bills for the 192nd Session

One thing that hasn't changed with the pandemic is the flurry of activity at the State House at this time of year. The Massachusetts Legislature has kicked off its 192nd session by filing more than 6,000 bills.

As I step into my new role as Speaker Pro Tem, I'll continue to serve as part of the House leadership team, working with my fellow lawmakers on legislation designed to help us recover from the pandemic and build resiliency for the future. I've highlighted below a few of the bills I filed that are of special interest to seniors in the Third Middlesex District.

An Act to protect MassHealth applicants facing undue hardship (HD1705):

When MassHealth determines income eligibility for nursing home care, they look back five years to ensure that the applicant did not transfer their assets

for less than fair market value. However, seniors often transfer assets without thought toward their MassHealth eligibility, future illnesses or injuries, or the need for nursing home care. This bill would establish criteria to be used by MassHealth to determine whether a penalty for a transfer of assets would create an undue hardship for an applicant for nursing home care.

An Act to promote transparency in prescription drug prices (HD1646): The rising cost of prescription drugs is one of the most pressing public health issues facing the Commonwealth. Unfortunately, the complex process of setting prescription drug prices has evaded impactful oversight and accountability. The legislation I filed acknowledges that a key step towards increasing transparency, and ultimately lowering the cost of pharmaceuticals, is to require state agencies to provide insight and analysis on which prescription drugs have the most burdensome price tag. Pharmaceutical companies would then be obligated to justify those price increases to legislators, state agencies, and health care policy groups.

An Act Establishing an Oral Health Commission and Needs Assessment (HD2962): Dental care is a critical component of overall health care, and yet we know there are underserved communities across the state facing barriers to accessing dental care. Data on oral health needs and access to care is extremely outdated, hindering Massachusetts' ability to understand the challenges we face and the policy solutions to pursue to ensure access to dental services. This bill would help legislators and practitioners better understand the oral health needs of residents across the state by establishing a special commission to conduct a statewide oral health needs assessment of both adult and pediatric residents and provide recommendations.

I have also refiled **An Act to improve oral health for all Massachusetts residents (HD3757)** that will increase access to oral health care for currently underserved populations by authorizing a mid-level provider called a dental therapist. These newly created dental therapists will be trained to perform essential dental care like filling cavities under the general supervision of a dentist, tapping into telehealth tools to share x-rays and consult on cases that are more complex. One of the most powerful impacts of authorizing dental therapists would be their ability to bring oral health care to our communities most in need and reach residents where they are – even in nontraditional settings like nursing homes.

Details on all of the bills I have filed are available on the Rep. Kate Hogan legislator profile page on the state legislature website (malegislature.gov). I welcome your feedback and invite you to stay tuned for more information on my legislative and budget priorities for seniors in the coming months.

Contact Rep. Hogan:

If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at Kate.Hogan@mahouse.gov. Please also visit my new Facebook page: www.facebook.com/RepKateHogan

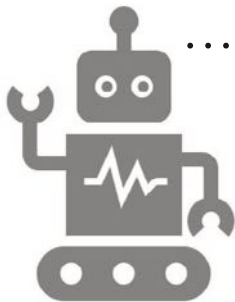
**Proudly represents Bolton, Hudson, Maynard, and Stow
State House**, Room 163, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Phone: 978-897-1333
Email: Kate.Hogan@mahouse.gov



Calling all OUT OF THIS WORLD Artists — Youth — Community Members !

ArtSpace Maynard will be opening its new **"UFO Art Store & Gallery"** this summer at 63 Nason Street, in downtown Maynard. This exciting new space will be theme-oriented in a space-age style and showcase a wide range of art, merchandise, rarities, oddities, and mysterious entertainment involving the performing arts! We believe "UFO" will draw curiosity & attention, and will become an exciting gateway into the heart of Maynard.

We invite YOU to create a Robotic Artwork for an art exhibition currently scheduled to open in June...entitled:



... **"Take Me to Your Leader!"**

The Art Robots can be large or small, but the maximum size cannot exceed **23" high x 8" wide x 6" deep**. This exhibit will be held in one of UFO's back galleries - there will be installation shelving on all walls, and UFO will feature over 50 Robot Artworks in a myriad of sizes & mediums.

70% OF THE SALE OF ARTWORKS WILL GO TO THE CREATORS!

For more information contact Jerry Beck at 978-590-3759 or jerryartspace@gmail.com to learn more and find out how you can participate in this exciting, creative adventure.

